

Sign Up Now for Exercise Classes

Attention Seniors or Adults with Disabilities

Exercise Classes are Available Through the
Frederick County Department of Aging

Register Now! \$3 Donation / Class Requested

Movement For Motion (M&M)

Frederick Classes - Call 301.600.1605

Mon Noon-1pm or Mon & Wed 11-Noon or Tue & Thu 1:30-2:30pm or Wed & Fri 1:45-2:45pm

Brunswick Classes - Call 301.834.8115

Tue & Thu 9-10am

This class is geared for those with movement issues. The emphasis is on posture, breathing, balance, and stretching. Most exercise occurs while seated. Goals are to improve lung capacity, posture, strength, balance, voice projection, relaxation, and flexibility. Requires physician's approval.

Strength Training – Brunswick

via the Brunswick Senior Center - Call 301.834.8115

Tue & Thu 9-10am

Light weights are used to help increase metabolism. Hand weights are initially provided; participants are expected to purchase their own weights. Weights of 1-10 pounds are recommended. Requires physician's approval.

Participants may also register via our website:

www.FrederickCountyMd.gov/DOA

These classes are made possible by the Senior Center Operating Fund Grant via the Maryland Department of Aging.

Frederick County Department of Aging * 1440 Taney Avenue, Frederick, Maryland 21702

301.600.1605 * 301.600.3554 (Fax)

Email: DeptOfAging@FrederickCountyMd.gov

